

FIG. 1
PRIOR ART

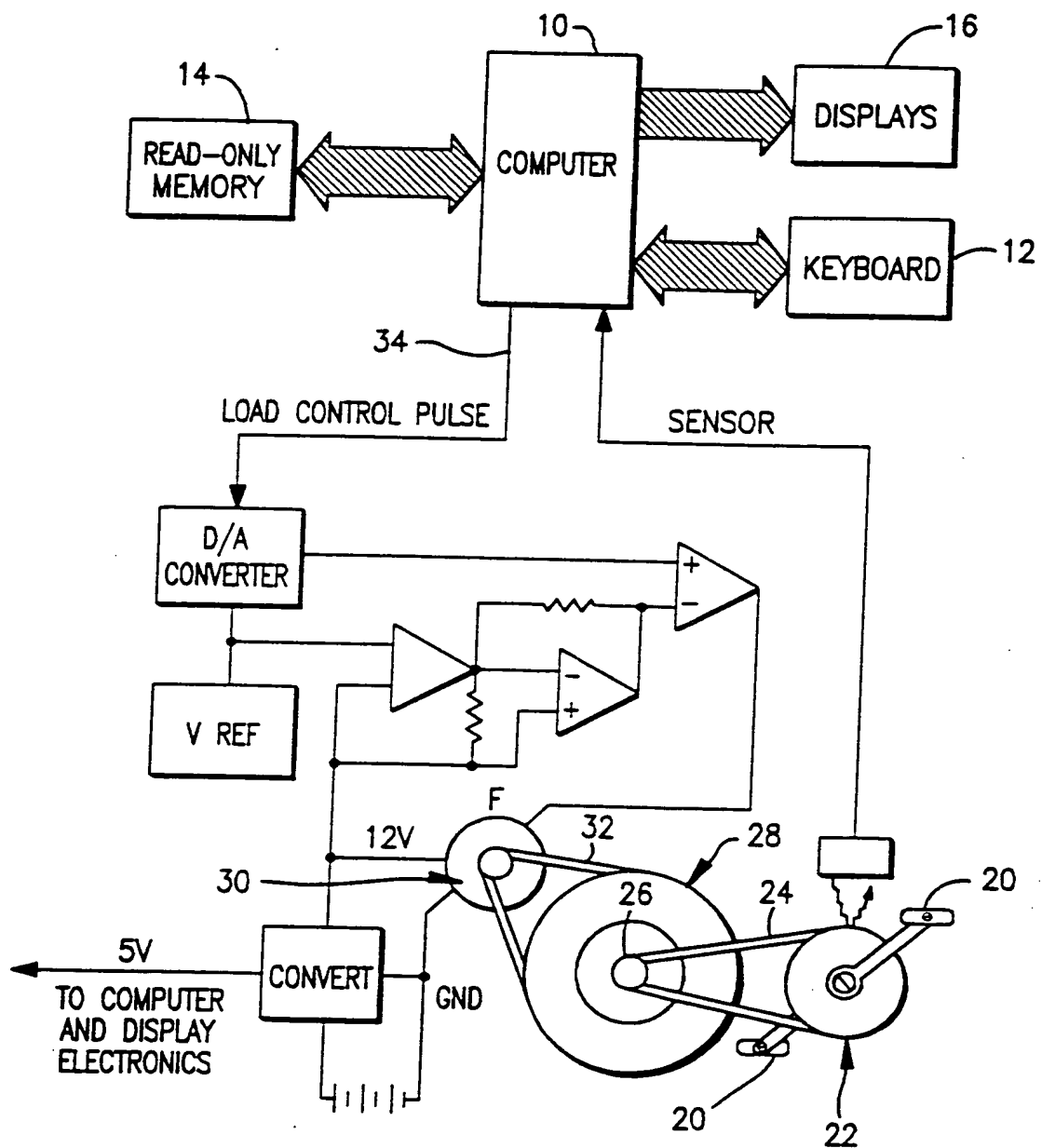


FIG. 2
PRIOR ART

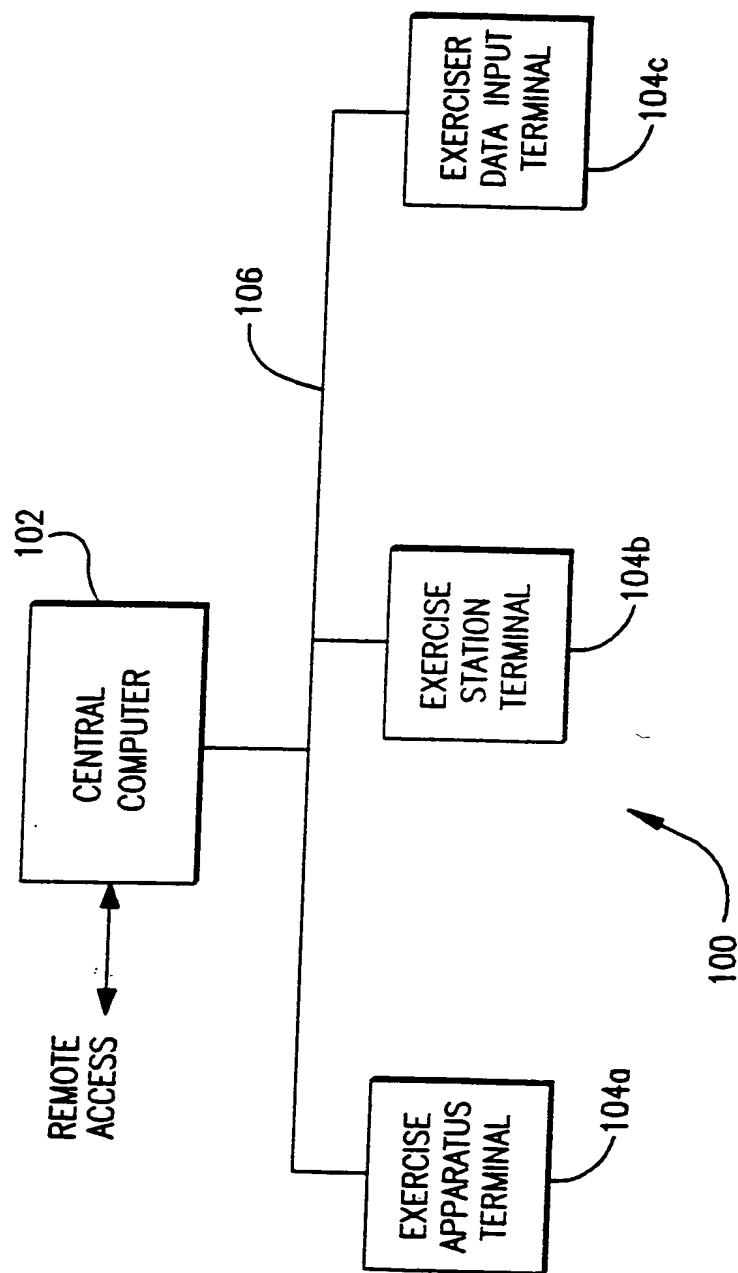


FIG. 3

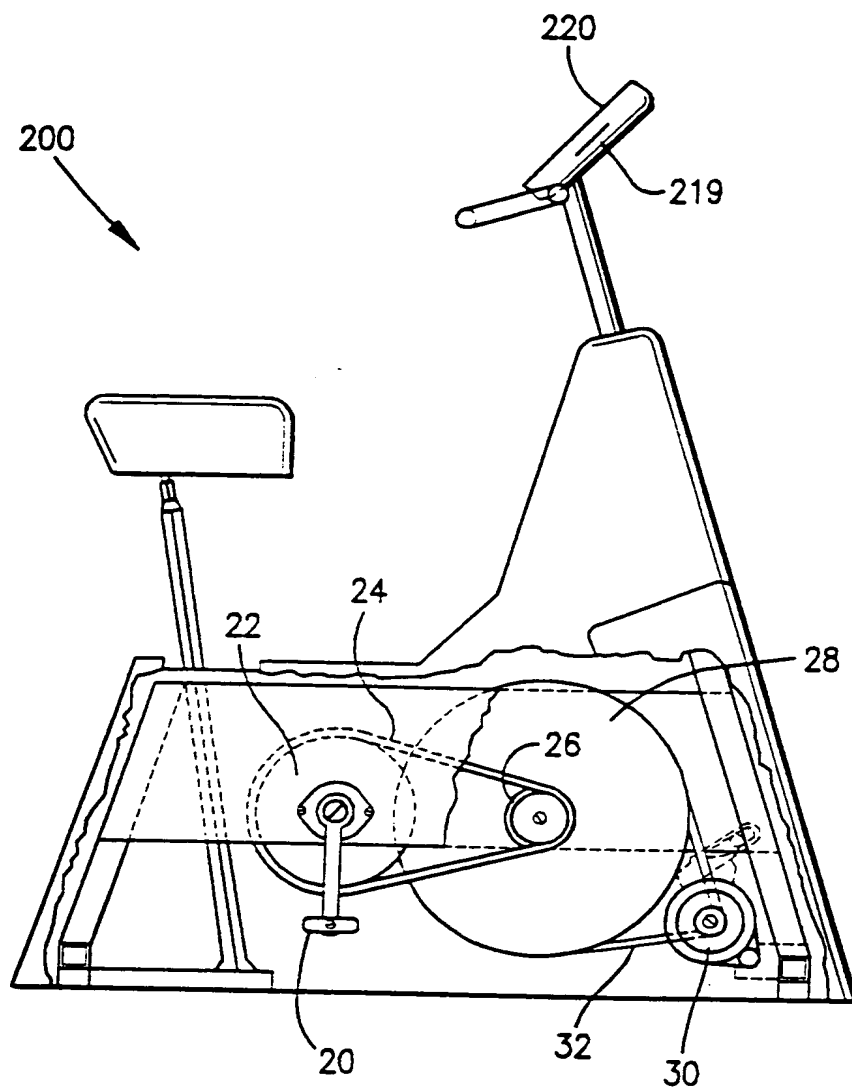


FIG. 4

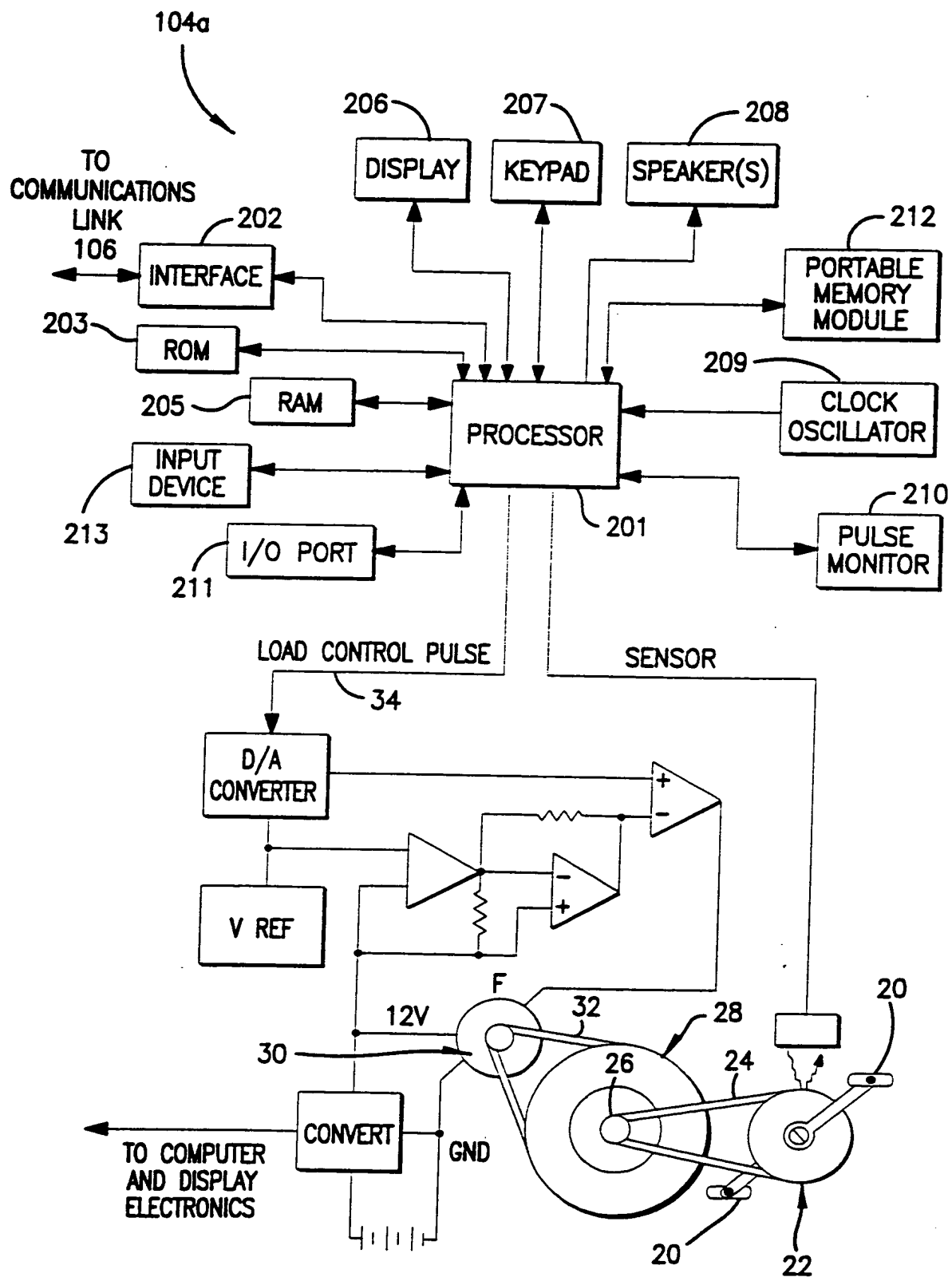


FIG. 5

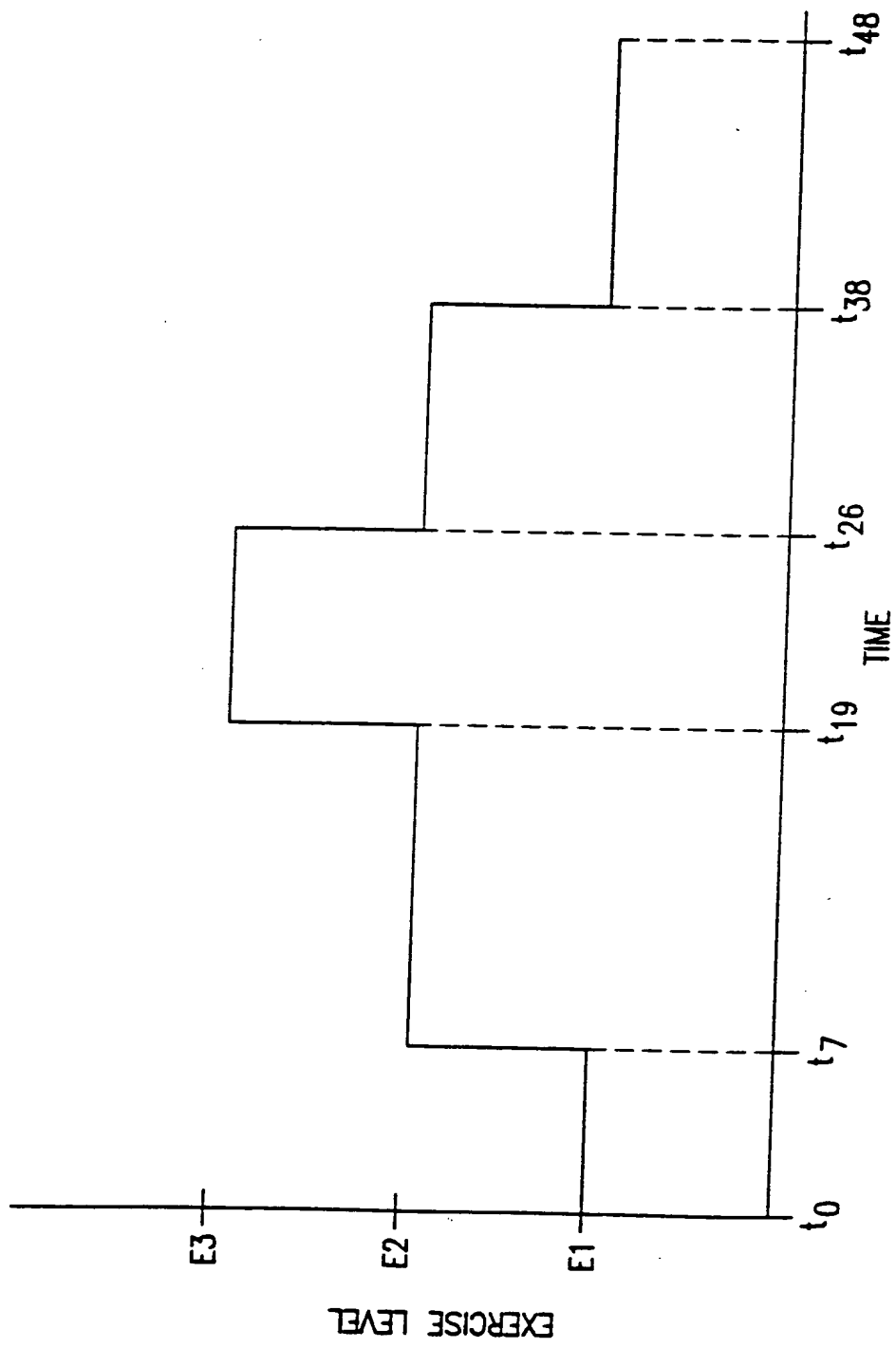


FIG. 6

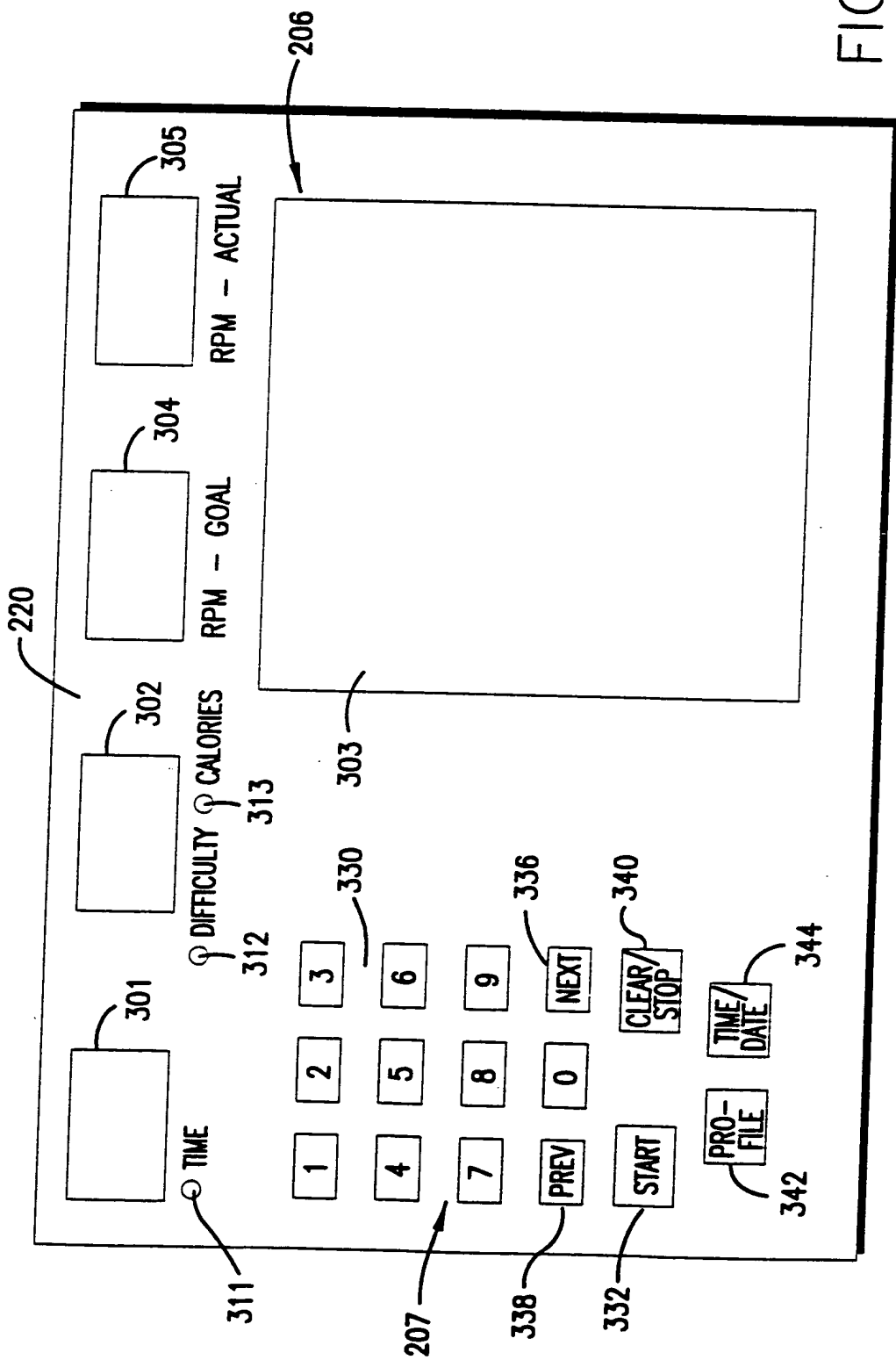


FIG. 7

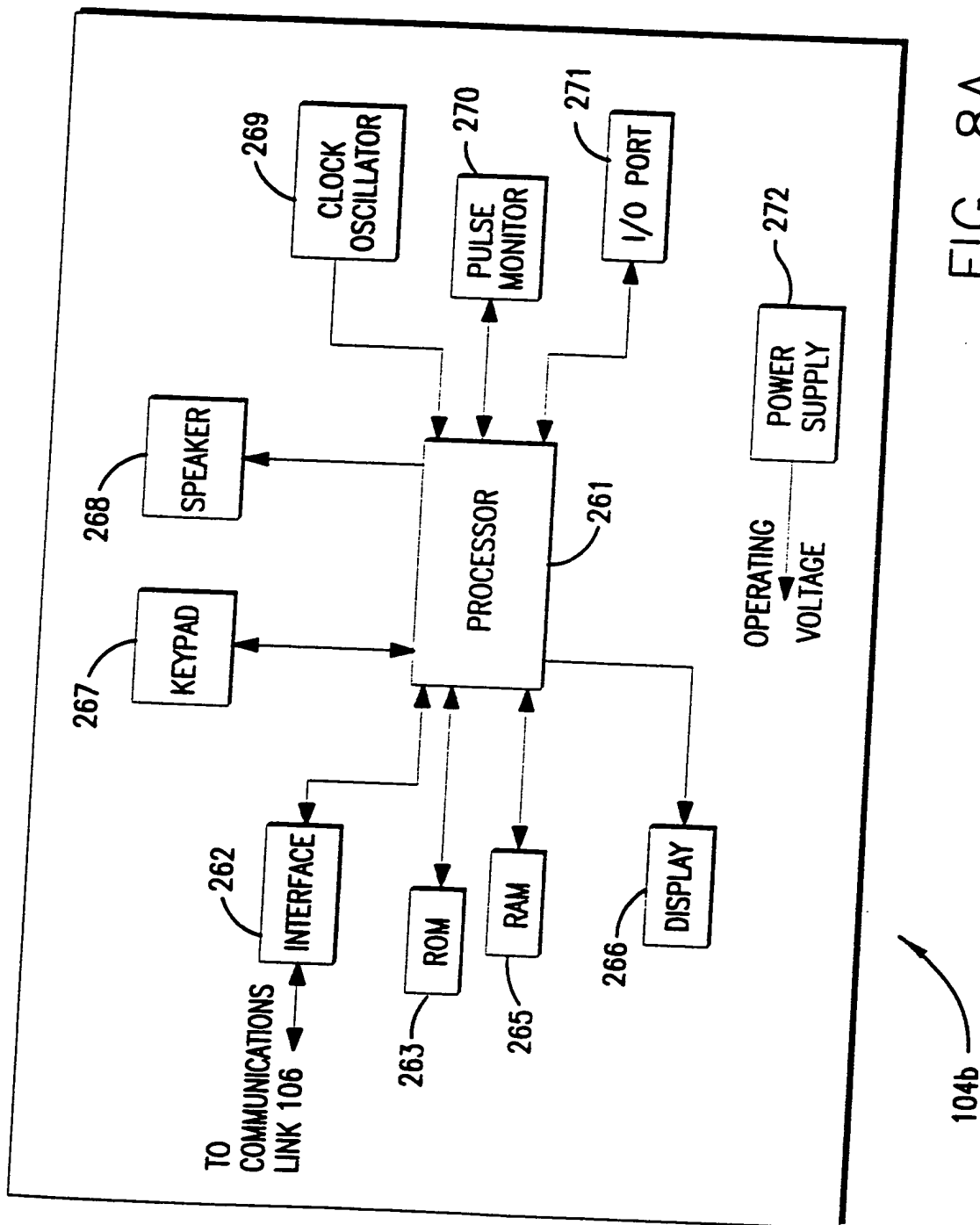


FIG. 8A

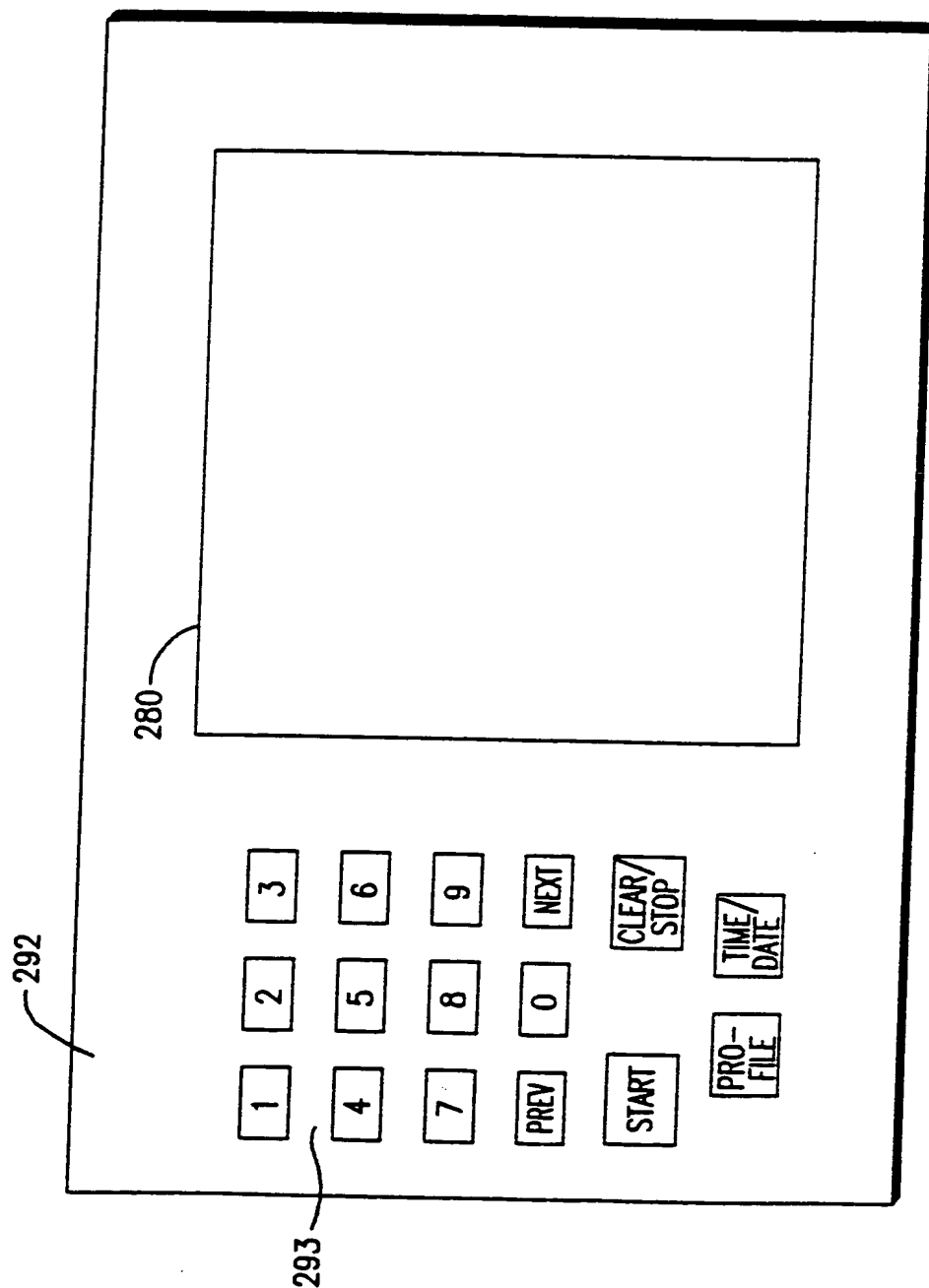


FIG. 8B

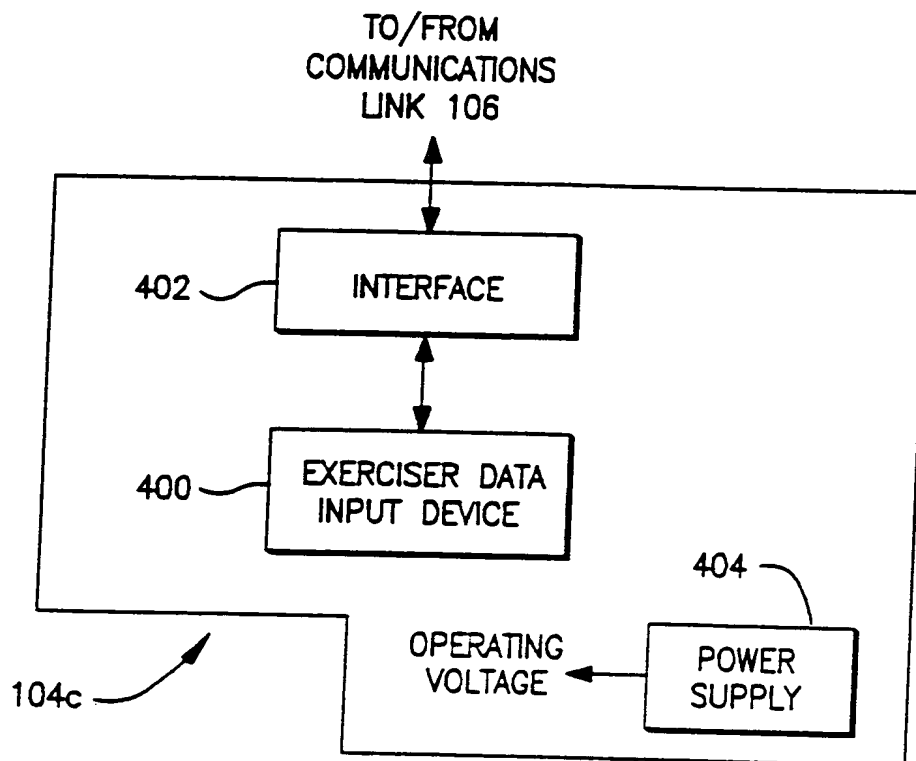


FIG. 9

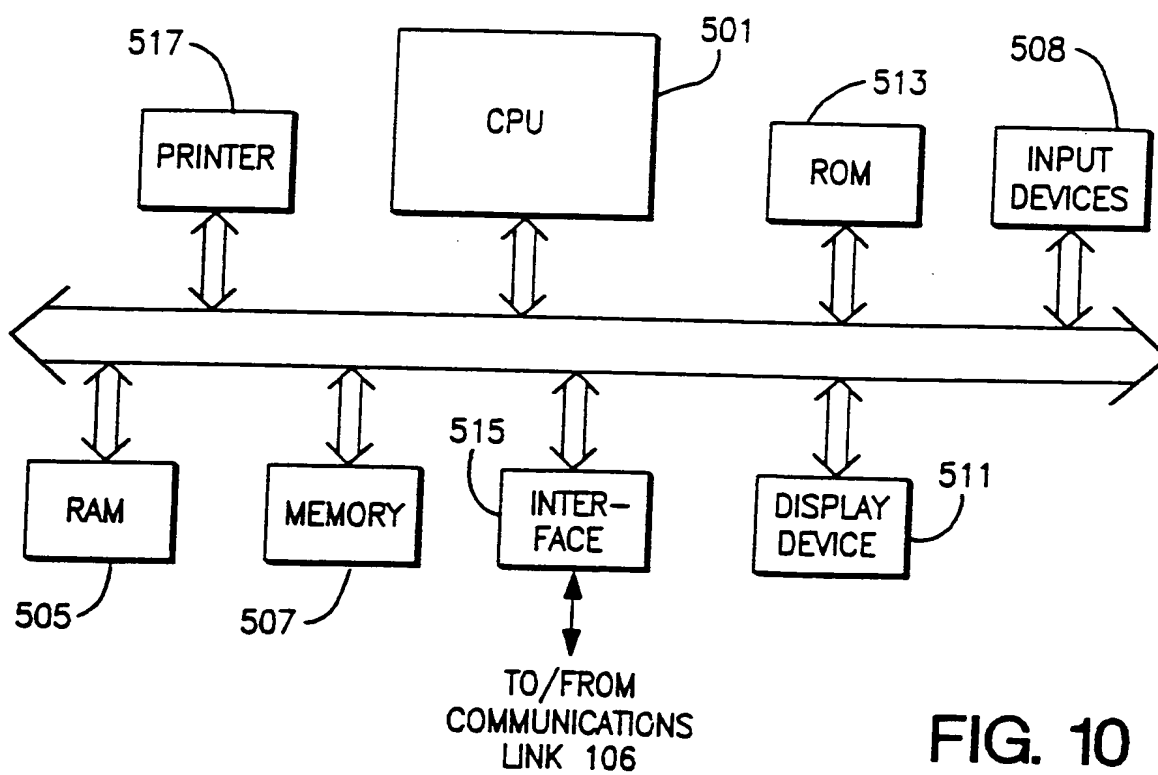


FIG. 10

| |
|------------------------|
| EXERCISE IDENTIFIER |
| NAME |
| POSTAL ADDRESS |
| TELEPHONE NUMBERS(S) |
| E-MAIL ADDRESS |
| MESSAGES |
| PROFILE DATA |
| FUTURE EXERCISE DATA |
| PREVIOUS EXERCISE DATA |

FIG. 11A

| |
|------------------------------|
| EXERCISE TERMINAL IDENTIFIER |
| EXERCISE TERMINAL TYPE DATA |
| PURCHASE DATA |
| USE DATA |
| LOCATION DATA |
| MAINTENANCE DATA |
| MANUFACTURER DATA |

FIG. 11B

| |
|--------------------------|
| EXERCISE IDENTIFIER |
| EXERCISE TYPE IDENTIFIER |
| EXERCISE DESCRIPTION |
| PROFILE DATA |
| PARAMETERS |

FIG. 11C

| |
|-----------------------------------|
| EXERCISE IDENTIFIER |
| EXERCISE TERMINAL TYPE IDENTIFIER |

FIG. 11D

| | STRETCHING | STATIONARY BICYCLE | STEPPER |
|---------------|------------|-----------------------|-----------|
| SEQ. NO. | 1-1 | 1-2 | 1-3 |
| EXERCISE ID | 01 | 02 | 03 |
| TERM. TYPE ID | 01 | 02 | 07 |
| PARAMETERS | 5:00 min. | 12:00 min. | 8:00 min. |
| | | Level 8 | Level 9 |

FIG. 12

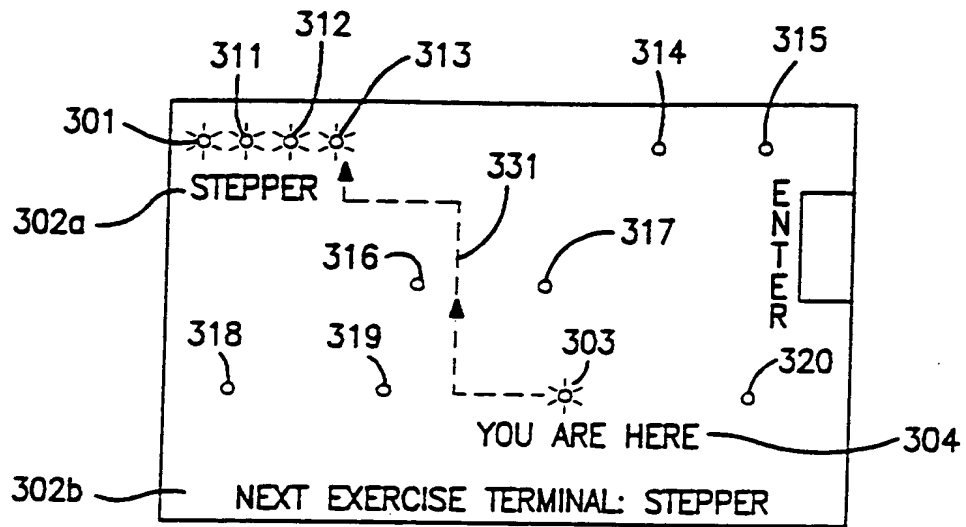


FIG. 13A

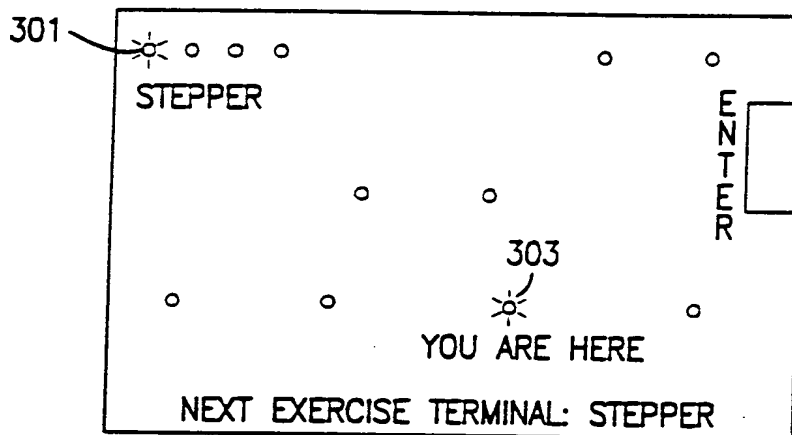


FIG. 13B

FIG. 16

| | | |
|----------------|---------------|--|
| EXERCISER ID 1 | EXERCISE DATA | EXERCISE ID PARAMETERS NEXT EXERCISE |
| EXERCISER ID 2 | EXERCISE DATA | |
| ⋮ | ⋮ | |

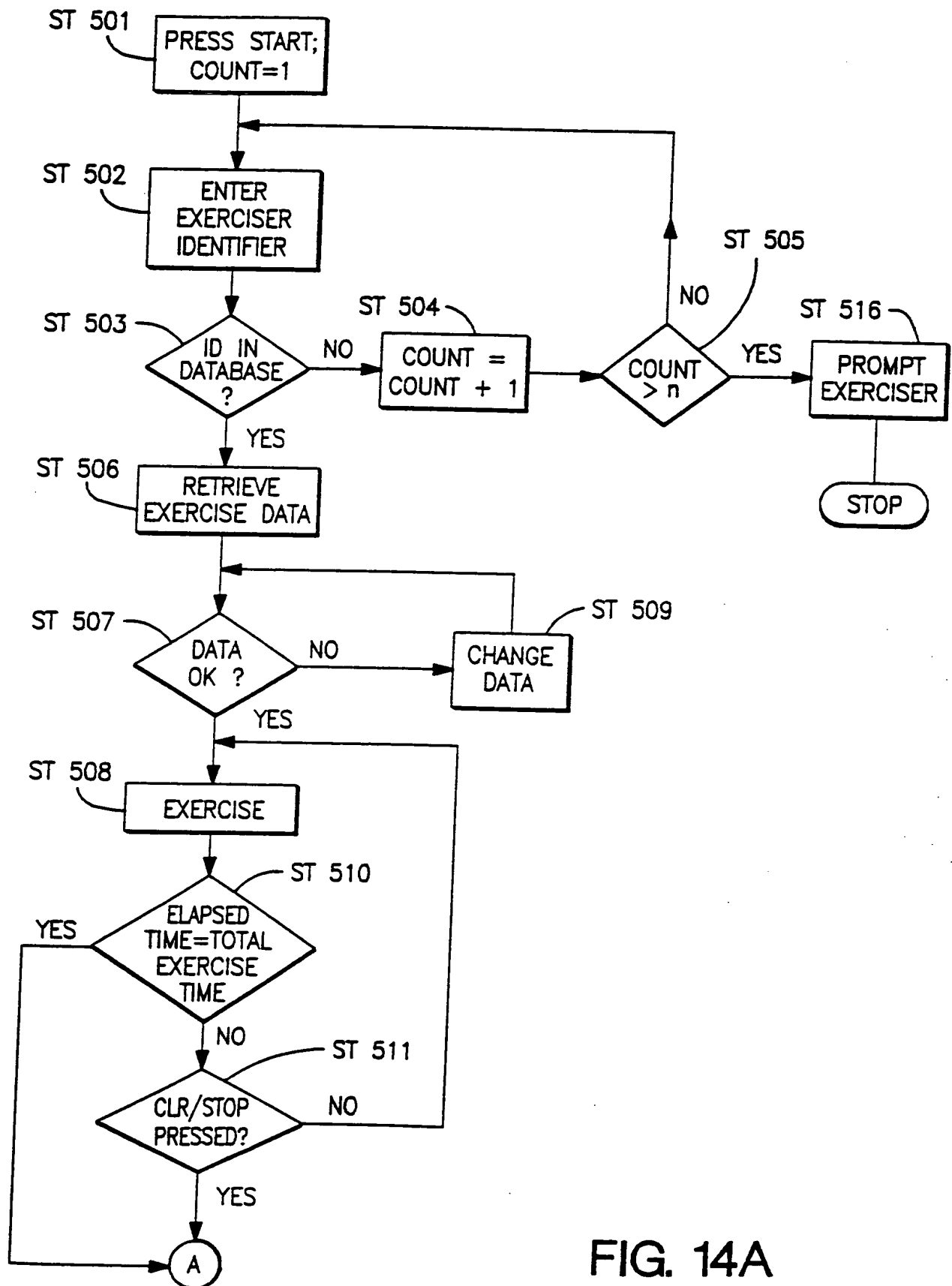


FIG. 14A

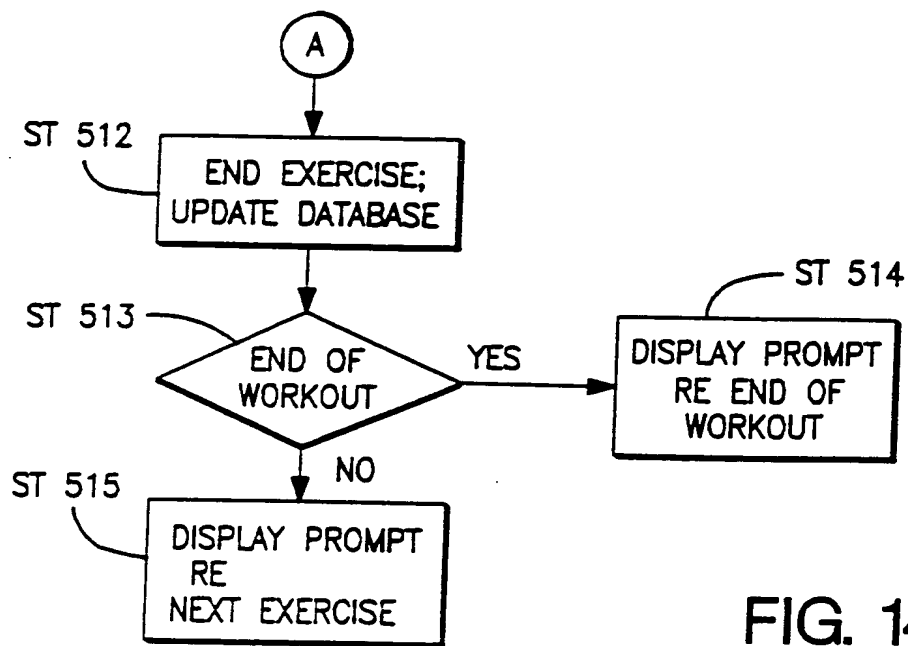


FIG. 14B

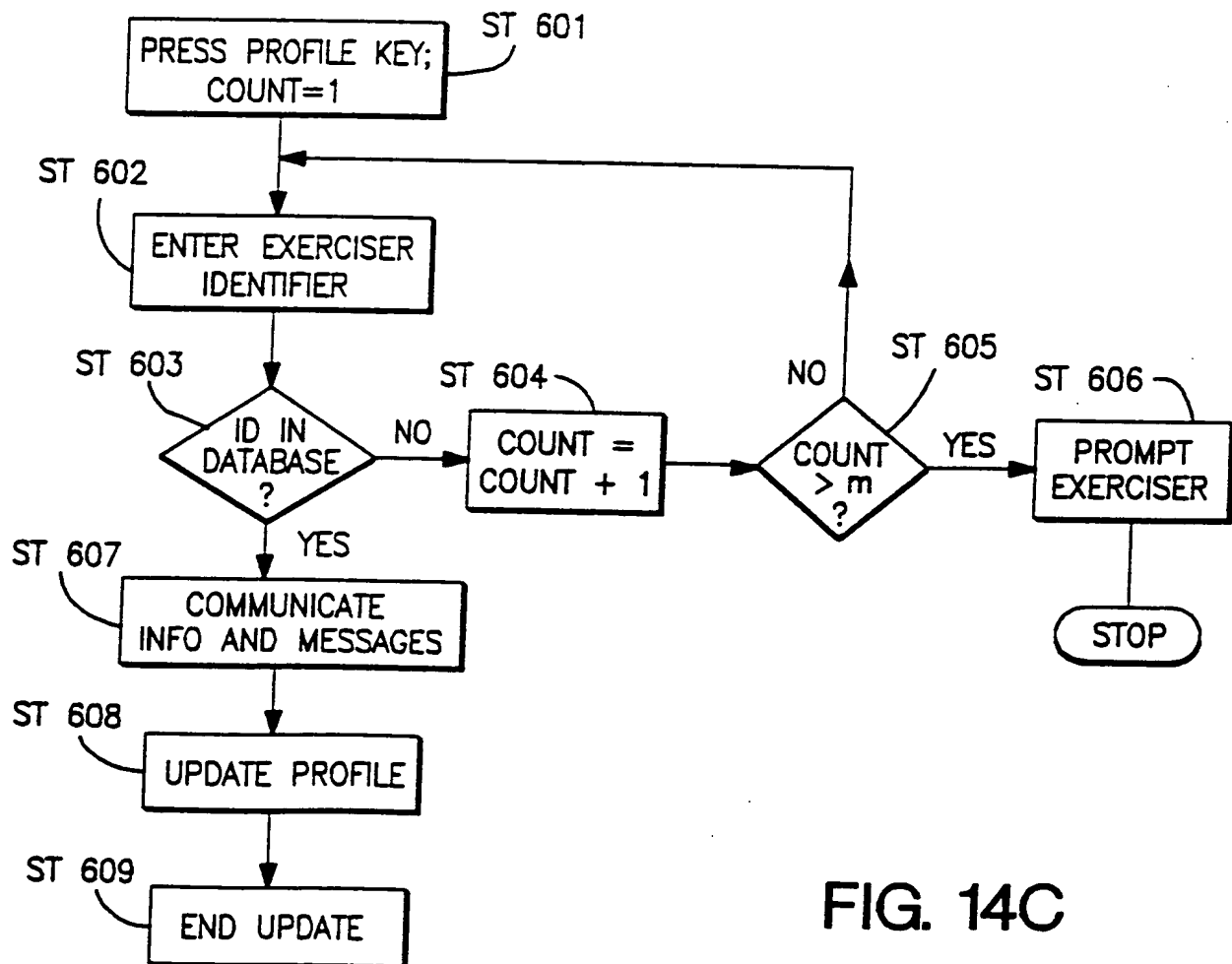
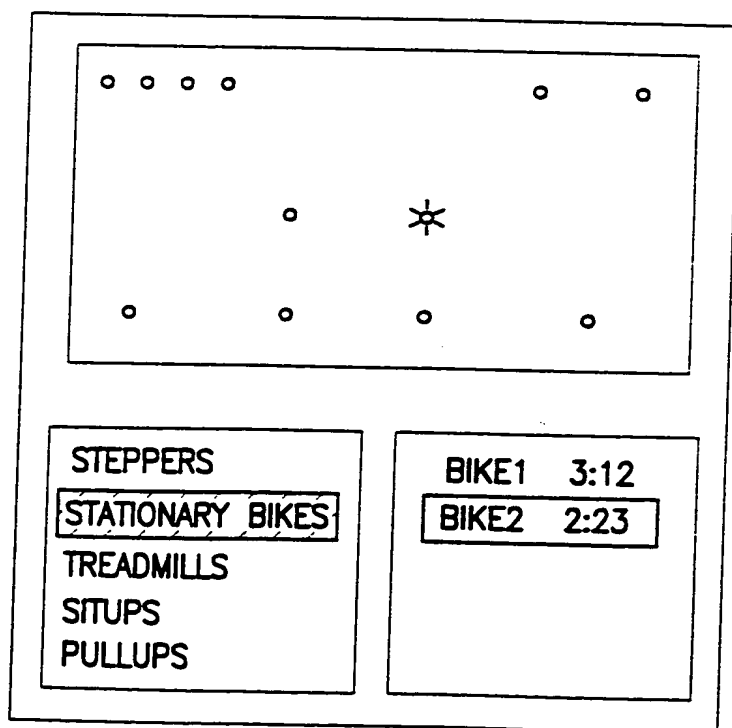
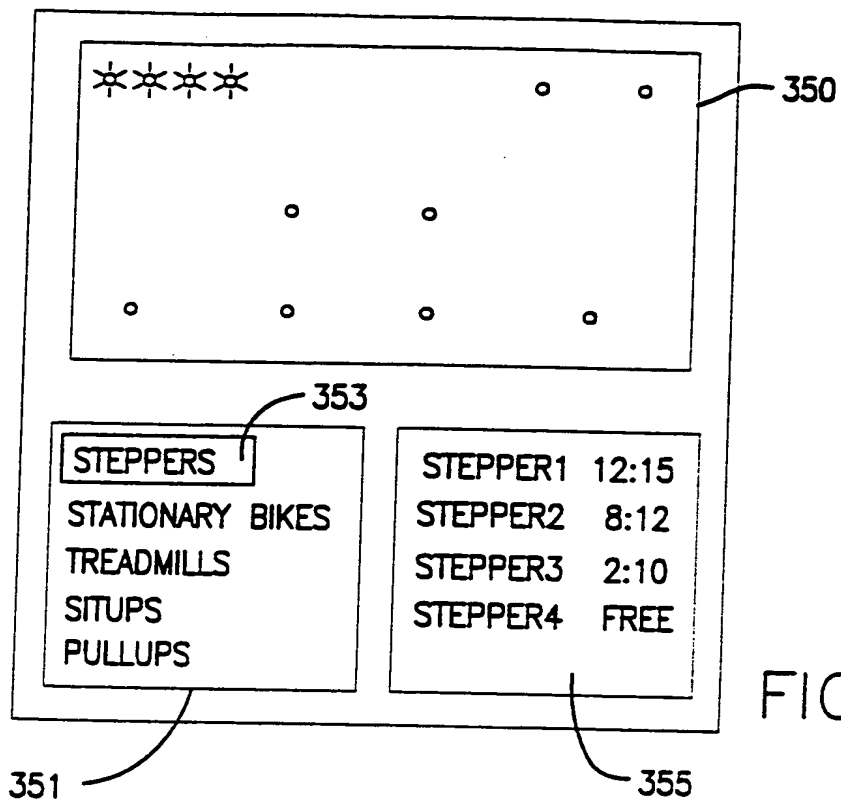


FIG. 14C



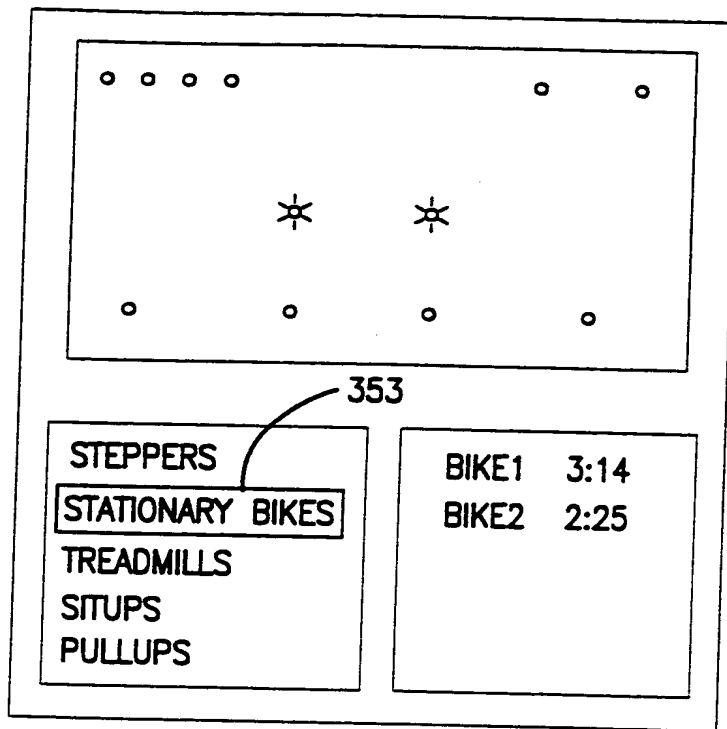


FIG. 15B

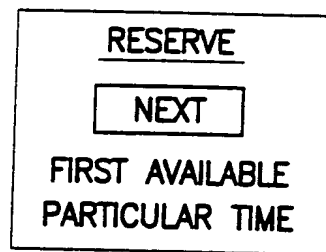


FIG. 15D

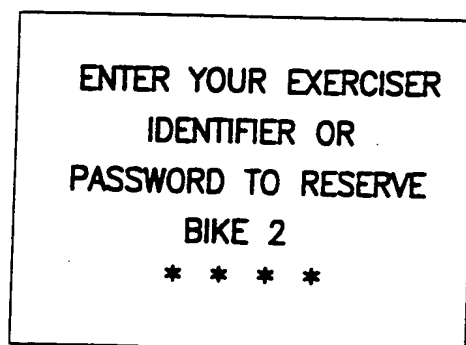


FIG. 15E